1 Read the text and tick (✓) A, B, or C.

Our facial expression is usually the first indicator of our state of mind. When we're happy, we smile. And when we're sad or angry, we frown. There are times, however, when we don't want people to know what we're really thinking or feeling, or when we're trying to hide something. In these situations, we choose our words carefully, and we consciously make our facial expression mirror what we're saying.

However, up to 90 per cent of communication is non-verbal. So we might say one thing, but our body language often tells a different story. Body language refers to the pattern of gestures that express our inner thoughts and feelings in communication.

Unless we are very clever, our bodies will usually try to tell the truth, no matter what our words and facial expressions are communicating. Here are three of the most common ways that our bodies can give us away:

1) Touching our faces more often than usual. If we are lying, we often cover our mouth with our hand or put a finger on our lip. Part of us knows that what we are saying is not true, and tries to stop it coming out. Touching our ear or hair and, most commonly, our nose are signs that we might be feeling anxious, or that we are angry or frightened but don't feel able to express it.
2) Gesturing with our hands. Experiments have shown that we use our hands to talk with much less than usual when what we are saying is not true. We don't know exactly what our hands are saying, but we know they are probably communicating something important so we try not to use them. A person who says he or she is very pleased with something, and they have their arms folded while they are speaking, may actually be feeling quite the opposite.
3) Moving our legs and feet. These are the most revealing parts of our body as they are the furthest from our face and we don't usually pay attention to what they are doing. An interviewer might be listening patiently, smiling, and nodding, but if he's tapping his foot, this could tell us that he is not enjoying the interview at all.

Most of us don't know exactly what someone else's body language means. But if we feel uneasy in someone's company, it may be because their words and their body are saying different things from each other. This difference can have a significant effect on how we get on with that person.

1 We change the expression on our faces when we want people to believe _____.
A what we're really thinking ☐ B that we're lying ☐ C what we're saying ☐

2 Our body language shows _____.
A what we want people to think ☐ B what we're really thinking ☐
C that we always tell the truth ☐

3 People who aren't being honest often _____.
A touch their faces more frequently ☐ B try to stop talking ☐ C touch their hair ☐

4 People who are afraid tend to _____.
A cover their mouths ☐ B touch their noses ☐ C touch their hands ☐

5 It's common to _____ if we aren't telling the truth.
A use our hands more ☐ B use our hands less ☐ C look at our hands ☐

6 To decide if someone is telling the truth, looking at their hands is _____ listening to what they say.
A a better indication than ☐ B just as effective as ☐ C not as effective as ☐

7 When it comes to watching body language, legs and feet _____.
A aren't as interesting as faces ☐ B are the most revealing ☐
C aren't worth looking at ☐

8 If an interviewer's foot is moving, he's probably _____.
A listening very carefully ☐ B not enjoying the interview ☐ C not paying attention ☐

9 _____ can interpret a person's body language accurately.
A Few people ☐ B Nobody ☐ C Most people ☐

10 If a person's words and body language don't match, we can feel _____.
A at ease ☐ B relaxed ☐ C uncomfortable ☐

2 Match five of the highlighted words and phrases with the definitions.

1 crossed in front of your chest

_____

2 moving the head up and down

_____

3 regular way things happen

_____

4 letting something be known that is usually hidden

_____

5 make lines appear in the space above your eyes

_____